

# ?akisqnuq First Nation Community News

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Nupqu

January 16 to Feb 10, 2012



**That's it.** That's all the snow that is on the ground as of January 13. It has been a virtually snow-free winter in the Columbia Valley

## Cougar at the subdivision:

Overnight on January 4, a cougar was seen around the subdivision on the reserve. Staff have alerted the Conservation Officer service, and if you see the cougar and think it should be reported, call 1-877-952-7277, the file number is 3426301. Be cautious.

## ?akisqnuq First Nation events of interest

**Tuesday, Jan. 17:** Strengthening Families Program, 2012 begins and goes from 3:30 to 6 p.m. each Tuesday until March 6. The program teaches parents and kids ways to use emotional support and consistent discipline to bring up healthy children. For more information contact Amber Louie at 1-888-489-4563

**Wednesday, Jan. 18:** Personal budgeting workshop, 12 to 2 p.m. at the Band Hall

**Wednesday, Jan. 18:** Cake day to celebrate all January birthdays, 3 p.m. at the Band Hall

**Tuesday, Jan. 31:** Community meeting, 5 to 7 p.m. The Ktunaxa Lands and Resources Agency will visit and present on

how revenue gained through natural resource business in the territory is shared with the Ktunaxa communities

**Wednesday, February 1:** Healthy Community Team Meeting, 9:30 a.m. at the Health Centre

**Homework Sessions:** Will be held on Thursdays beginning January 19, 3 p.m. to 4 p.m. in the Band Hall.

**Beading Classes:** January 19 and 26 at the Akisqnuq Health Centre

**Band office hours:** Business hours at the Akisqnuq First Nation are now 8:30 a.m. to 4:30 p.m. Monday to Friday. Closed from 12 p.m. to 1 p.m. The

changes affect the Band office and Akisqnuq staff at the Health Centre. Please get any business you need done at either of these offices done during these hours.

### Thank you:

- To Richard Williams for donating a new mixer to the Health Centre kitchen. Thanks from all of the staff at the Health Centre

- To all the volunteers who helped with the Christmas dinner and bingo. It was a great success

**Happy Birthday:** Jan. 13 to Lionl Prince Michel from your family.

## Fishing Derby:

The second annual fishing derby will be held Saturday, February 25.

Cash prizes for first and second place. Tickets will be available in early February and will cost \$10 a piece.

If you would like to help out please stop by the Band office and speak to Dolores.

## Police group volunteers sought

The Akisqnuq First Nation is looking for volunteers to sit on a Community Consultative Policing Group. The group will meet with local police to identify issues of concern. The group is to

be three to five members in number. Terms of reference will be developed after the group's first meeting. Contact Samantha Sam or Marguerite Cooper if interested.

## From the health manager

- The next Healthy Community Team Meeting will be held Wednesday, Feb. 1, 9:30 a.m. at the Health Centre

- Health program surveys that were distributed to Akisqnuq youth will be accepted until Feb. 25.



## Happy New Year from your Community Health Nurses

Happy New Year Everyone! The fresh air outside has brought some new resources, options, and changes to our community health program this year.

Catherine Strachan, a registered dietitian, will now be working with us and will be visiting each of the Nation communities one day per month. She will be a great asset to our community to answer questions and give advice about meeting some of those New Year's goals about healthy eating and active living to keep us healthy as a community. If you would like to see Catherine, call the nurses to book an appointment.

Following the healthy community theme, there is a new and improved vaccination program in place now that incorporates immunizations for

Hepatitis A and Rotavirus. The Rotavirus vaccine will be given by mouth, and will protect your child against a group of viruses that cause 4-8 days of vomiting, fever, and severe diarrhoea, and can result in hospitalization. The vaccine will be given with your child's 2 and 4 month immunization visits.

Hepatitis A is a disease that affects the liver. A series of two injections at 18 months and preschool age will provide your child with immunity against this virus.

Remember, immunization is the safest way to protect your child's health. Immunizations have saved the lives of more babies and children than any other medical intervention in the last 50 years!

Here are a few quick home remedies to cure some of those annoying conditions (from Homemakers magazine, Summer 2011):

Chicken soup really is good for the common cold. The soup's fluid and nutrients give your body the needed energy to fight off the virus, and the steam helps clear your nose.

Drink pure cranberry juice if you think you may have a urinary tract infection to help your body fight the bacteria.

Have a quick drink of watered-down pickle juice on hot, muggy days to ease the muscle cramps that can happen when your body is dehydrated.

A teaspoon of baking soda in a cup of water with a few drops of lemon juice will help

soothe a sore throat (gargle). Drinking the liquid can help soothe heartburn. Making a paste of baking soda and water can help treat athlete's foot and relieve itching.

Remember, before you reach for the pill bottle or make a doctor's appointment, check out your pantry to see what home remedies can give your body the extra kick that it needs to keep you healthy.

It's a new year, time for making healthy choices that affect you and your family.

Bronwen, 3rd year nursing student.

Your community Health Nurses are available by phone at: 250-489-4563

## Ktunaxa Nation 'Drag and Brag'

The Ktunaxa Nation "Drag and Brag" is a chance to get together in a safe environment and share with other Ktunaxa Nation members.

Drag down any old photos you have, brag about any language resources you've created on your own, share any older out-of-date language resources you'd like to see

updated, share your ideas, comments, or try your hand at speaking the language with your community members, learn a new phrase or two, or suggest some cultural events that you'd like to see in community. You are welcome even if you just want to come visit with friends for an hour or two.

Come meet with your TKL Sector Council representative, the Director, and other community members. Refreshments will be served.

Dates to be determined. Please leave a message for Councillor Beatrice Stevens, at the Akisqnuq administration office to let her know what dates

work best for you.

- *Information courtesy Ktunaxa Nation Traditional Knowledge and Language Sector*

### Meals on wheels:

If you know someone who could benefit from this program please call Dolores, 342-6301

### ?Akisqnuqnik Mission Statement:

Through sound, responsible, leadership we will promote the well-being and economic self-reliance of our people by encouraging and fostering education and sustainable employment.

DAVID THOMPSON SECONDARY SCHOOL

# Final Exam Schedule – January 2012

<b>GRADE 8</b>			
	<b>Wed. Jan. 25</b>	<b>Thurs. Jan. 26</b>	<b>Fri. Jan. 27</b>
9:00 - 11:00			Math (231-233)
1:00 - 3:00	English (221-222)	Social Studies (221-222)	

<b>GRADE 9</b>			
	<b>Wed. Jan. 25</b>	<b>Thurs. Jan. 26</b>	<b>Fri. Jan. 27</b>
9:00 - 11:00	Math/Math Essentials (201-202)	English (221-222)	Science (201-202)
1:00 - 3:00		Social Studies (231-233)	

<b>GRADE 10</b>				
	<b>Mon. Jan. 23</b>	<b>Tues Jan 24</b>	<b>Wed. Jan. 25</b>	<b>Thurs. Jan. 26</b>
9:00 - 11:00	Social Studies (251-253)	FMP/AWM (251-253)	English (251-253)	
1:00 - 3:00				Science (251-253)

<b>GRADE 11</b>					
	<b>Mon Jan. 23</b>	<b>Tues Jan 24</b>	<b>Wed. Jan. 25</b>	<b>Thurs. Jan. 26</b>	<b>Fri. Jan. 27</b>
9:00-11:00				English (201-202)	Chemistry (221-222)
1:00 -3:00	Physics/FOM (251-253)	Com/PREC/Bio (251-253)	Social Studies (251-253)		

<b>GRADE 12</b>	
<b>Thursday January 26</b>	
9:00 - 11:00	English (251-253)
1:00 - 3:00	Communications (251-253)

*See Mrs. Stevenson in Student Services if you have any exam conflicts.*

*We need your opinion on*

# TECK

## LINE CREEK MINE EXPANSION

Teck Coal hopes to expand the Line Creek Mine in the Elk Valley. The Ktunaxa Lands and Resource Agency is entering into negotiations with Teck on an "Impact Management and Benefit Agreement" (IMBA) to make sure that Ktunaxa interests are taken into account if the mine expansion goes forward.

Some topics that could be included in an agreement are: land and wildlife stewardship, economic benefit, education/training, jobs, mine reclamation, access to the land.

Community meetings are planned in each community. Come out to learn about the project and to provide input into what you think is important to be in the IMBA.

A meal will be provided and registration is required.

To register for this event, contact:

Dallas Cardinal  
cardinalbiz@live.ca

### *Meeting Dates*

**ʔakin̄kum̄tasnuq̄tiʔit  
(Tobacco Plains)**

Tobacco Plains Band Hall  
January 12 @ 5:00pm-7:00pm

**ʔakis̄q̄nuk First Nation**

ʔakis̄q̄nuk Band Hall  
January 31 @ 5:00pm-7:00pm

**Yaq̄annuʔkiy  
(Lower Kootenay)**

Lower Kootenay Band Hall  
TBD @ 5:00pm-7:00pm

**ʔaq̄am  
(St. Mary's)**

ʔaq̄am Band Office  
TBD @ 5:00pm-7:00pm



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# Lands & Resources

The Ktunaxa Lands and Resources Agency (KLRA) has recently hired new part-time, community-based Stewardship Assistants.

These positions are a link between the KLRA and the Communities. They will work on a variety of issues related to lands and resources off-reserve including:

- Providing information and answering questions about projects the KLRA is working on
- Listening to any concerns community members have about land uses or impacts
- Answering questions about activities on the land (hunting, road access, etc)
- Reviewing external proposals for development or resource extraction
- Assisting with meetings/workshops related to KLRA projects

The Stewardship Assistants were hired through a competitive interview process following KNC policies. Three assistants were hired in Fall 2011, and KNC hopes to hire the fourth in early 2012.

Please feel free to drop by and say hi to your new Stewardship Assistants.

## *Contacts:*

### ***ʔakinkumʔasnuqʔit (Tobacco Plains)***

Dan Gravelle  
Mon/Tues/Wed  
Band Office  
250-887-3461 ext. 3411  
dgravelle@ktunaxa.org

### ***Yaqannuʔkiy (Lower Kootenay)***

Chad Luke  
Tues/Wed/Thurs  
Development Corp House  
250-428-7960  
cmluke@ktunaxa.org

### ***ʔaqam (St. Mary's)***

Bonnie Harvey  
Tues/Wed/Thurs  
Band Office (downstairs)  
250-426-5717 ext. 3522  
bharvey@ktunaxa.org

### ***ʔakisq̄nuk First Nation***

*Position is currently vacant.*

*If you are interested in this position, please contact:*

Darlene Trach  
dtrach@ktunaxa.org



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# **FEBRUARY 2012**

**Ktunaxa Nation Council** is collecting an inventory of people who are genuinely interested in a **Ktunaxa Carpentry Program**

At this time, it is not confirmed and is dependent on securing the adequate funds, the number of interested people and qualified individuals.

Those interested can get an application from:

Morgana Eugene

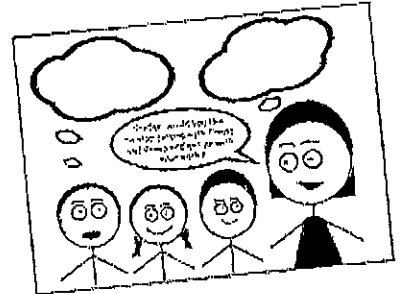
Ktunaxa Nation Council

250-489-2464 ext. 3194

If all goes as planned, the **Ktunaxa Carpentry Program** is targeted to start **February 2012**

# “Imagining the Future: An Aboriginal approach” Contest

**Topic:** “Imagining the Future Contest”:  
NVIT is seeking creative projects by Aboriginals who attempt to imagine the future in the following areas: economics, politics, community development, international Indigenous world-views, urban culture, the ecology, Aboriginal media, youth culture, personal development, or any science-fiction-envisioned-futures.



**Eligibility:** To be eligible to participate in this contest, participants must be of Aboriginal decent and have lived in Canada for the last 12 months. All works must be submitted with a signed waiver (soon to be published on the NVIT website) to give NVIT copyright to display your creative projects in a multimedia compilation.



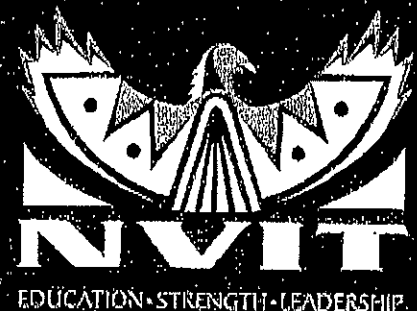
**Mediums:** We welcome the submission of multimedia projects, such as short video documentaries, comic books, fictional short stories, autobiographical narratives, studio recorded original songs, Aboriginal theatre, presentations, academic essays, photo essays and more.



**Prizes:**  
1st- \$2000 cash prize  
2nd- \$1000 cash prize  
3rd- laptop  
4th- ThinkPad

**Deadline:** Deadline for submission is February 28, 2012

Submit your entries to:  
Clint Garcia  
Nicola Valley Institute of Technology  
4155 Belshaw St.  
Merritt BC  
V1K 1R1 or electronically to  
imaginingthefuture@nvit.bc.ca  
250.378.3392



# \$ Personal Budgeting \$ Workshop



- Presented by Janice Alpine—KABDA & AFN Social Development.
- Learn how to save money.
- How much you will need to start your own business.
- Create a personal budget to help you track your spending.

**January 18th -**

**12:00-1:00 Lunch**

**1:00-3:00- Presentation**

**EVERYONE WELCOME**

**For more Information  
call 250-342-6301**

**Door Prizes!**